

Life Log

Instructions: As accurately as possible, note the activities you engaged in for a day in the table below. Be specific. The idea is to see at a glance the exact activities so you can determine if use of your time needs to shift.

Date: _____

TIME	ACTIVITY/TASK
12:00 a.m.	
1:00 a.m.	
2:00 a.m.	
3:00 a.m.	
4:00 a.m.	
5:00 a.m.	
6:00 a.m.	
7:00 a.m.	
8:00 a.m.	
9:00 a.m.	
10:00 a.m.	
11:00 a.m.	
12:00 p.m.	
1:00 p.m.	
2:00 p.m.	
3:00 p.m.	
4:00 p.m.	
5:00 p.m.	
6:00 p.m.	
7:00 p.m.	
8:00 p.m.	
9:00 p.m.	
10:00 p.m.	
11:00 p.m.	

What percentage of your time was devoted to the following activities?

Work? _____ % Family/Friends? _____ % Self? _____ %

Meals? _____ % Sleep? _____ %